

Bathing a Science Declares Expert

Right and Wrong Methods Are Explained by Physical Director C. E. Beckett, of the Y. M. C. A. Gymnasium.

Average Bath Is Not Even a Cleansing Process—Fresh Air and Sun Baths Healthful and Necessary, He Asserts.

Proper bathing is a science. Baths have many other functions than simply to serve as a cleansing process. They may be used as stimulants, as sedatives, as tonics, as health restorers.

But the average bath is not even a cleansing process, because it is not properly performed. There are right ways and wrong ways to bathe. C. E. Beckett, physical director of the Washington Y. M. C. A., describes for Times readers the beneficial, as well as the harmful, ways to take baths.

By J. R. HILDEBRAND.

You have been taking your bath daily in your enameled tub, and perhaps you harbored a consciousness of superior cleanliness. You are much mistaken.

Perhaps you have been holding your breath, shutting your eyes, and taking a cold plunge into the chilly waters of that same tub each morning under the further impression you were employing heroic methods to maintain your vigor and prolong your life. These you have been wrong again.

Proud as we are of our supposed national cleanliness, we have yet to learn the A, B, C, of bathing, experts declare. Not only have we failed to keep clean by bathing, but we have failed to utilize the bath for such other useful purposes as reinvigoration, as a stimulant, as soothing influence, as a tonic, as a sedative—and in a dozen other ways the Romans realized and put into daily practice.

But let us turn to the primary purpose of bathing is to keep clean. And there is where we have fallen short at the start. Go to the office of Physical Director Beckett, at the Y. M. C. A., and before he tells you how to bathe, he will tell you how to bathe. For he, like other physical culture experts, considers proper bathing a matter of prime importance.

How To Use the Plunge.

"Bathing in a tub in the usual way does not serve the purpose intended," he said, "because, when you get out of the water, you carry with you a portion of the scum left on the surface. That would not be so bad if the body were rubbed thoroughly with a coarse towel, but few persons stop to do that."

The great majority of persons spend too little time in the tub, and far too much time in the tub, in Mr. Beckett's opinion. He asserted that the practice of reposing in a tub of warm or hot water, and allowing the body to soak, not only fails to cleanse the body, but it weakens the constitution and leaves a general feeling of lethargy and lassitude.

Next to the misuse of the hot bath, probably the greatest harm is done by the misuse of the cold bath. Many persons believe a morning cold bath is a sort of preventative of every human ill. Because Tom Smith reports that he got such a bath, and because Jones takes it for granted the cold plunge is the very thing for him, Jones may not get the same reaction as Smith. In that case, the cold bath, for Jones, is most harmful. If, on immediate ill effects follow they are bound to arise later in life.

"No person should take a cold bath who does not feel a healthy reaction afterward, and who does not see a steady glow to the skin after a vigorous rub down. If the skin is cold and clammy when you may be sure the cold bath is detrimental."

But the ideal bath is one which is

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The key to unlock the mysteries of eruptive skin affections is S. S. S., the famous blood purifier. If you will write for a splendidly illustrated book "What the Mirror Tells you will learn how and how S. S. S. causes new skin and tissue to replace the affected spots.

Get a bottle of S. S. S. today and see how it works. It is carried throughout your body in about three minutes and its most active work takes place in the skin. Here it puts into motion the process of purifying all impurities into a substance that is promptly expelled through the skin pores. This process goes on day and night, all eruptive conditions cease; the old skin disappears in the form of invisible vapor or perspiration. Don't fail to get a bottle of S. S. S. today and write for the valuable book "The Swift Specific Co., 103 Swift Building, Atlanta, Ga.—Advt."

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C. E. BECKETT,

begun in water of a higher temperature than that of the body. Then the pores are opened and the bodily waste is carried away. After that the water may be made colder and the body then has a chance to adjust itself to the lowered temperature without the violent nervous shock of the cold plunges.

The Lary Ma's Bath.

Not that Mr. Beckett would eliminate the time-honored tub altogether. If a shower is not to be had, a tub can be made to serve the same purpose if the water is allowed to run out and the supply renewed several times. This rinsing process will eliminate the danger of most of the dirt being allowed to remain on the skin surface.

"The Turkish bath is the lazy man's bath," Mr. Beckett continued. "By it men get into a perspiration without the effort normally required to do so. But the Turkish bath has its uses in the case of the very stout man, who takes exercise only with the utmost effort. A thin man should take few Turkish baths. If he overindulges in these he will find his body weakened."

A word of caution is needed to bathers who are about to indulge in this delight of the seashore, Mr. Beckett said.

"A daily plunge only is invigorating and helpful physically when it is taken with intelligence. Most swimmers allow their enthusiasm to get the better of their common sense, which should tell them that fifteen or twenty minutes is the longest anyone should stay in either fresh or salt water."

"And it should be more widely known that a sun bath is just as beneficial as a water bath. When it is possible for segregated groups of men to get an isolated place along a body of water, they should alternate their

plunges with an exposure of their entire bodies to the sun. The skin needs sunshine and fresh air. Of course, care must be exercised there also, lest a too long exposure to the sun's rays blister the skin."

In Summer, Twice a Day.

Careful bathing will do much toward the cure of nervous exhaustion and toward the restoration of a healthy circulation in cases of anemic persons, Mr. Beckett said.

"For those persons who feel that a morning bath is beneficial, yet who find the cold plunge too severe, a hand bath often is an excellent substitute. Standing in a tub of cold water, the bath should apply the cold water with his hands to all parts of the body. This will lessen the shock and will serve the same invigorating purpose as the cold plunge."

In summer and winter bathing should be frequent. Every person should take a bath at least once a day. In summer twice a day is not too much. Bathing in summer is a natural cooling process, and a bath at noon would do much to make the body cooler, whereas cold beverages taken into the stomach raise the body temperature by driving the blood to the head."

Funerals

Neolis Braxton, at the Florida Avenue Baptist Church, at 2 p. m. today.

Timothy Corkery, at Roslyn, Va., at 2 a. m. tomorrow.

John Donnelly, at the Church of the Sacred Heart, at 9 a. m. today.

Anna C. Hill, at C. M. E. Church, Laurel, Md., at 2 p. m. today.

Denny Medora Hallam, from 335 Fifth street southeast, at 2 p. m. today.

Emma Johnson, at Zion Baptist Church, at 1 p. m. today.

Mary Frances McDermott, from 918 Twenty-sixth street northwest, today.

Flora E. Miller, from 638 L street northeast, at 2 p. m. tomorrow.

Martha A. Swindell, at Oak Hill Chapel, at 2:30 p. m. today.

Edward Ware, from 1203 New Jersey avenue southeast, at 2 p. m. today.

Annie Waters, from 207 G street northwest, at 2 p. m. today.

Dolan Leaves \$20,000.

PHILADELPHIA, June 13.—The estate of Thomas Dolan, who was one of Philadelphia's wealthiest men, will be divided among his family in accordance with the provisions of his will.

The estate is commonly reported to be valued at between \$20,000 and \$30,000.

Obituaries

NEOLIS BRAXTON, at 224 Eleventh street northwest, Tuesday.

FLORENCE E. MILLER, yesterday.

MARIE ELOISE ROGERS, at Oso, King George county, Va., yesterday.

MARTHA A. SWINDELL, at Georgetown University Hospital, Wednesday.

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PRAEGER PROVES TO BE A RIFLE EXPERT

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Postmaster Otto Praeger is a dead shot, a Dave Crockett and William Tell rolled into one. Armed with a rifle that he had never seen before, he gave a shooting exhibition that will stand the test of any competition.

It all happened on the annual excursion of the Washington Branch, National Letter Carriers' Association, to Chesapeake Beach yesterday, when a record crowd journeyed as guests of the gray-clad services of Uncle Sam.

The postmaster led a party that went to the beach in the private car San Juan. The party looked over the attractions of the boardwalk, visited the concessions with indifferent success, moved steadily toward the shooting gallery.

There was a reason. Once at the shooting gallery, competitors were speedily arranged, open and

free for all, with no handicaps. Losers paid not only for the shooting, but for "entertainment." Shooting at a small target, the postmaster plunked the center only twice, but he won.

He repeated, and, one by one, the losers were dropping out.

Then the postmaster had the gallery man set in motion a swinging target, a dove with a bull's-eye in the center. While this swung the postmaster closed the exhibition by putting three shots in the center of the bull's-eye in rapid succession. After that competition suddenly ceased.

There are nearly 500 tired but happy letter carriers in Washington today, for the annual excursion was a tremendous success. The last train from Chesapeake Beach brought a happy throng.

Competition in the open athletic events was keen, but this was but one of the many features of a full day of recreation.

Police Court Record

United States Branch, Judge Malloway—Ralph Davis, assault, nolle prossed; Georgeanna Frost, larceny, dismissed; William Stewart, threats, nolle prossed; Champ Briggs, larceny, continued; Bolton Richardson, larceny, dismissed; Lucie Payton, larceny, \$25 or 60 days; Hyland Warfield, carrying deadly weapon, personal bond. Collaterals (arrested): John Johnson, cruelty to animals; Harry C. Wood, cruelty to animals; James Watson, cruelty to animals; Consuelo Trassano, assault; James H. Jackson, cruelty to animals; Joseph Johnson, cruelty to animals; Hugh A. Grimm, forgery, held for grand jury.

District Branch, Judge Pugh—Hugh A. Grimm, forgery, held for grand jury; King, Austin Latham, Frank Burrell, Frank

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